Is Trudeau flip-flopping on gun slingin'?

Liberal Party of Canada leadership candidate gets heck from both the left and right for seemingly contradictory views on the scrapped long gun registry PAGE 4

HEIDI'S HAPPY HAUNTED HOLIDAYS

KLUM'S ANNUAL HALLOWEEN BASH, RUINED BY SUPERSTORM SANDY, TURNS INTO DECEMBER FUNDRAISER FOR DISASTER'S VICTIMS PAGE 10

SASKATOON metro®

Tuesday, December 4, 2012

News worth sharing.

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THE DUCHESS IS DUE

Catherine, Duchess of Cambridge, and Prince William, Duke of Cambridge, celebrate a Great Britain gold medal last August at the Olympic Games in London. The couple has announced they are expecting their first child. Curious to see what the future monarch could look like? Metro used the power of the Internet and archive photos to make our own royal newborn. See the results at metronews.ca/royalbaby. For more on the pregnancy, see page 6. PASCAL LE SEGRETAIN/GETTY

Judge scoffs at former coach's 'loving' defence

Sexual abuse. Disgraced ex-hockey coach doesn't show up to hear Crown's appeal in Manitoba courtroom

A Manitoba Court of Appeal judge bristled Monday at suggestions disgraced former hockey coach Graham James ever thought he had "loving" relationships with the players he abused.

Defence lawyer Evan Roitenberg was arguing against a Crown appeal to increase the two years James received in March for abusing former NHL star Theo Fleury and his cousin Todd Holt when they were in junior hockey.

"For me, you are pushing a big rock up a steep hill if you want me to accept that," said Justice Al MacInnes. He noted James threatened players to maintain their silence and how his victims wrapped themselves in blankets to fend off the abuse.

The Court of Appeal reserved decision on the Crown appeal.

MacInnes made it clear that if it had been up to him, the sentence would have been longer. But the Appeal Court judges said they were only looking at whether sentencing Judge Catherine Carlson strayed too far outside the acceptable guidelines.

James, who did not attend the hearing, is already eligible to ask for full parole and will be eligible for statutory release next summer, if his sentence remains unchanged.

Roitenberg said James had an "epiphany" while in counselling after he was first jailed and realized what he had done to his victims. Until then, he thought they were in loving relationships.

That was what set off MacInnes, one of the three on the panel hearing the case.

"If he thought that this was a loving relationship and he was doing the boys a favour, why would he have to threaten them to keep quiet?"

Holt also reacted strongly to the suggestion James thought he had loving relationships with the boys.

"I think it's clinically insane when he says that. Graham was a manipulator.... I can't even imagine what he talks about or what goes through his head."

The Crown agreed not to proceed with other charges involving another player, Greg Gilhooly, when Graham was charged with abusing Holt and Fleury.

Gilhooly was in court Monday and said later that it's important to get beyond the arguments of lawyers.

"There are victims of child sexual assault out there and the cost to society with the victims is intense," he said after the hearing. "We focus on rehabilitating our criminals. We don't focus enough on rehabilitating our victims."

THE CANADIAN PRESS

Victim responds

"The outcome will never fit the crime, but it's a step in the right direction."

Todd Holt, who was abused by Graham James

The art of legislature

Stone carving, comic strip and other depictions commemorate building's 100th PAGE 3

Red rover, send clues right over

Soil samples suggest there was more water on Mars than scientists initially thought PAGE 5

Angels and demons

'Nightmare' gym sessions helped model get in post-baby Victoria's Secret shape PAGE 11

Operation Snapshot

Premier pays tribute to officers

Premier Brad Wall paid tribute to police officers involved in a child-pornography bust this fall. Charges in Operation Snapshot have been laid against 11 people in Saskatchewan, four from Alberta and two from Manitoba. THE CANADIAN PRESS/CTV

No foul play suspected

Kamsack boy found dead

RCMP say they don't suspect foul play in the death of a 16-year-old boy in Kamsack, Sask. The teen's body was found in a vacant lot on Saturday. There's no word on how he died but police say an autopsy is scheduled. THE CANADIAN PRESS/CBC

Shooting flames

Hockey team's bus bursts into flames, no one hurt

A hockey team's return trip to Yorkton got thrown offside when their charter bus burst into flames.

Emergency crews say the bus was in the parking lot of a Saskatoon hotel Sunday morning when flames erupted at the back of the vehicle.

No one was hurt and firefighters quickly extinguished the flames, although the bus is considered a writeoff.

Investigators say the heater at the rear of the vehicle ignited, shooting flames and smoke out the back. THE CANADIAN PRESS/CBC

Immigration legislation

Province to protect foreign workers

The Saskatchewan government has introduced legislation to protect foreign workers and immigrants against abuse and exploitation. Since 2007, approximately 39,000 immigrants have made this province home. THE CANADIAN PRESS

Winter's early arrival puts urban centres on toes

Across the West.
Heavy snow falls could continue in December

MORGAN MODJESKI
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An early blast of winter, including heavy snowfalls and freezing rain, is putting strain on Saskatchewan's major urban centres.

Pat Hyde, branch manager of public works with the City of Saskatoon, explained the city used 62 per cent of its snow removal budget of roughly $5.8 million by the end of October and noted November was an expensive month.

"We've already had four snow events if you include this one we're still going through this weekend," said Hyde. "So it does have an effect on the budget — there's no question and if by chance the snow accumulations throughout between now and Dec. 31 require that we go over budget, then that's a necessity and we have reserves to help deal with that."

Saskatoon isn't the only city taking a hit, as winter's early arrival has been felt throughout the province.

David Phillips, senior climatologist with Environment Canada, explained other parts of the province, like Rosetown and Estevan, are also seeing record-breaking amounts of snow. Compared to 2011, he added, there has been a major increase. "Last winter, it was the second warmest and the driest winter on record," said Phillips of the Prairies. "So what we saw in many cases were snowfall totals less than 50 per cent of what they normally would be.

"This year — for example in Regina — we had as much snow in three weeks of November as they had in six months last year."

Phillips explained the increase of snow could be attributed to southern storm systems bringing moisture from the Gulf of Mexico and colder than average temperatures. He added the heavy snow could continue through December.

WITH FILES FROM JEFF MACKEY

Three Saskatoon residents work to free a stuck car from a parking stall on 2nd Ave South in downtown Saskatoon on Monday morning. A number of areas in the province have seen record snowfalls this season. MORGAN MODJESKI/METRO

Highway 13 collision

Dangerous driving conditions

Emergency crews had to take five people to hospital after a collision involving two trucks in southeastern Saskatchewan.

The crash happened Monday morning on Highway 13, about 10 kilometres east of Weyburn.

Mounties say the trucks were heading in opposite directions when the driver of one of the vehicles lost control on a slippery section of road in high winds.

Four of the five victims are males and all five suffered injuries ranging from minor to serious. THE CANADIAN PRESS

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Here's to another 100: Art show celebrates legislative anniversary

Unveiling of paintings, carvings. Artists-in-residence to display legacy works that they have been working on for months

JEFF MACKEY
jeff.mackey@metronews.ca

As part of the Saskatchewan Legislative Building's 100th-anniversary celebration, eight Saskatchewan artists were chosen to produce works of art for both inside and outside the building.

On Wednesday, the artists' legacy works will be unveiled to the public for the first time and attendees should expect a wide range of art projects to be on display.

Included in the expansive project is a stone carving, a comic strip, a fabric piece and a live performance.

"It was a massive project," said Heather Cline, one of the eight artists-in-residence. "It is very representative of where the art world is in 2012, which is people working in a diversity of mediums, old and new, and in very creative and contemporary ways."

The unveiling will take place in the Legislative Building from 4 p.m. to 7 p.m. on Wednesday.

The event is open and free to the public, and artists will be available to discuss their work.

"We hope lots of people come out to see the art and are excited by what they see," said Laura Hale, the artist-in-residence co-ordinator, who will also have a piece on display Wednesday.

Follow Jeff Mackey on Twitter @MetroJeffMackey

Heather Cline with her legacy piece for the Legislative Building's 100th anniversary. The painting features hundreds of symbols submitted by Saskatchewanians as well as prominent Saskatchewanians and legislative employees walking in and out of the building. JEFF MACKEY/METRO

First premier

New statue of Walter Scott to be erected

Art was in the air at the legislative building on Monday as Premier Brad Wall announced a new statue for the Queen Elizabeth II Gardens. The statue is to memorialize Walter Scott, Saskatchewan's first premier and one of the Fathers of Confederation.

The project is part of the legislative building's 100th anniversary and will be created by Shirley and Don Begg from Cochrane, Alta.

JEFF MACKEY/METRO

City worried about health impact of drugs

A report presented to Saskatoon's executive committee Monday has found harm-reduction programs have helped make positive changes in the city.

But our current definition of "medical clinic" may be doing more bad than good, prompting a recommendation to update the definition to include needle exchanges.

"Right now there is a bit of ambiguity in the definition of a medical clinic within the zoning bylaws that stand," said Lynne Lacroix, branch manager, community development. "(We would) review based on current realities around what happens at medical clinics. We see more than doctors' offices in all parts of the city."

Council requested the report from administration in July after business owner Lori Prostebby raised concerns about the needle-exchange program causing safety concerns for residents in the Mayfair neighbourhood.

"It's the drug trade that we are mostly concerned about," Prostebby told reporters on Monday.

Heather Byrne, interim executive co-ordinator at AIDS Saskatoon, said the needle-exchange program on 33rd, which is run in partnership with Saskatoon Health Region, is about providing all citizens access to health care.

"We are able to have access to this population that's very marginalized," said Byrne in an interview. "Everyone needs to be treated with dignity and respect."

Council is expected to make their decision regarding a zoning-bylaw review for medical clinics at the Dec. 10 meeting.

JANE CAULFIELD/METRO

Decline in HIV infections

"There has been a continuing decline in HIV infections as well as a decline in high-risk needles found in the community. This can be attributed to the effectiveness of the existing initiatives."

City administration in report to the city's executive committee

FOR MORE LOCAL NEWS VISIT METRONEWS.CA

Heather Byrne, interim executive co-ordinator at AIDS Saskatoon, addresses media on Monday after hearing about the recommendation that the definition of "medical clinic" be updated to include needle exchanges. JANE CAULFIELD/METRO

Response to UN vote

Canada mutes criticism of Israeli settlement plans

Canada is standing apart from its major allies, the U.S. included, in refusing to condemn Israeli plans for new settlements in areas claimed by the Palestinians.

On Friday, Israel announced plans to build 3,000 settler homes in the West Bank and east Jerusalem to punish the Palestinians for winning greater recognition at the United Nations General Assembly.

THE CANADIAN PRESS

Suspected arson

Purported ex-spy's house torched

A fire has ravaged the home of a Montreal man with a colourful past as a self-described Israeli spy and purported international arms broker.

The police arson squad is investigating the fire that gutted the upscale Westmount home of Ari Ben-Menashe.

THE CANADIAN PRESS

Hell's Angels

Bikers' seized items to be returned

The Ontario government must return a raft of seized items bearing the Hells Angels' "death head" insignia to the bikers, an Ontario judge has ruled in a decision welcomed as important for property rights.

THE CANADIAN PRESS

Child victims. Three young siblings found dead in family home

Quebec provincial police say they hope to speak with the mother of three young children who were found dead inside a home near Montreal on the weekend.

The victims — two girls, aged two and five, and their four-year-old brother — were found late Sunday afternoon after police received an emergency call.

The mother, who was also transported to hospital for unspecified reasons, is being described as an important witness.

"Exactly what happened needs to be cleared up," Sgt. Daniel Thibodeau, a provincial police spokesman, said Monday.

"We're hoping to meet with the 33-year-old woman, (the mother), who is resting in hospital and is out of danger."

A community tragedy

- The victims were found inside the second-floor unit of a brown brick duplex in Drummondville, about an hour outside of Montreal.
- As of Monday, police had still not said how the children died or where they were found inside the house.
- Thibodeau said autopsies would be performed later on Monday to determine how they died.

He said investigators were also meeting with other witnesses to learn more.

THE CANADIAN PRESS

On Monday, Nancy Latraverse places flowers in front of the house in Drummondville, Que., where three young children were found dead early Sunday afternoon. PAUL CHIASSON/THE CANADIAN PRESS

Trudeau's gun views spark ire

Firearms policy. Projected Liberal front-runner accused of flip-flopping as divisive debate re-ignites

Justin Trudeau scrambled to explain his stance on gun control Monday as the Liberal leadership candidate took flak from opposing sides on the divisive issue.

The presumed Liberal front-runner tried to mollify both sides of the debate, rekindled over the weekend by his description of the long-gun registry as a failed policy.

Trudeau spent a news scrum with reporters handling one of the first divisive policy debates to have erupted during his campaign.

He explained that he hadn't actually flip-flopped on the gun registry.

In fact, Trudeau said, he always supported it, and still does support it in principle. But he said now that it's gone, it's too divisive to try bringing it back.

In the next breath, however, Trudeau added that he supports Quebec's effort to bring it back in that province because he said the measure is not divisive there.

Finally, he explained why the long-gun registry fit his definition of a "failed" public policy.

"I voted to keep the firearms registry a few months ago and if we had a vote tomorrow I would vote once again to keep the long-gun registry," Trudeau told reporters.

"However, the definition of a failed public policy is the fact that the long-gun registry is no more.... The fact is, because it was so deeply divisive for far too many people, it no longer exists."

Liberal leadership candidate Justin Trudeau on Monday. THE CANADIAN PRESS

Trudeau repeated that definition of a failed public policy, in both English and French. He said he would rather spend the next three years before the federal election trying to find evidence-based policies that will unite Canadians and not divide them the way the gun registry has.

A reporter asked Trudeau about Quebec's legal fight to keep its portion of the registry and he replied: "I find it's a very good idea. Because in Quebec it was not at all as divisive as it was elsewhere in the country."

He added: "Perhaps a solution is to let provinces find different solutions. What's important is protecting Quebecers from gun violence."

Meanwhile, Trudeau was being blasted Monday by people inside and outside his political party. One of his critics included a former Liberal justice minister.

Martin Cauchon, who is still pondering whether to run for the leadership himself, told The Canadian Press that leadership contenders need to show they'll stand up for Liberal principles and values.

And he said the controversial registry, created by the government of Jean Chrétien in which Cauchon served, is an important part of the party's legacy.

"I believe that we have to update our policies and make sure that next election we're going to be able to show leadership to Canadians," Cauchon said in an interview.

"But, you know what, I believe as well ... that a candidate running should have the backbone to respect and stand for the principles that we have always stood for."

Cauchon said party renewal shouldn't mean Liberals have to turn their backs on accomplishments such as the Charter of Rights, official bilingualism or even the gun registry.

THE CANADIAN PRESS

Regulations

Prime Minister Stephen Harper's Conservative government killed the registry and destroyed all its data — except in Quebec.

- **Quebec's fight.** The provincial government has gone to court to prevent destruction of the registry's records.
- **Growing pains.** Cauchon acknowledged there were some problems getting the registry off the ground, including ballooning costs. But he said it was working by the time Harper scrapped it.

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Residential schools

Inquiry turns to court for records

Years of mounting frustration over access to government records has prompted the commission of inquiry into Canada's residential school system to turn to the courts for help, The Canadian Press has learned.

In court filings, the Truth and Reconciliation Commission accuses Ottawa of stymying requests for documents the inquiry says are vital to its core mandate.

THE CANADIAN PRESS

Rob Ford. Mayor will remain in office while waiting for court appeal

The mayor of the country's largest city will not have to fight to stay in office while he appeals his ouster for violating conflict-of-interest laws.

Toronto businessman Paul Magder, who persuaded a judge to order Mayor Rob Ford punted from office, agreed Monday to a stay of the decision pending the appeal.

Magder's lawyer, Clayton Ruby, said they would nevertheless continue the fight to have Ford thrown out of office while he waits for the appeal process to begin next month.

"By breaking the law in such a flagrant manner, Rob Ford has put this city into unnecessary turmoil," Ruby said in a statement.

"We are agreeing to this stay to give the city of Toronto a measure of stability, something that has been wholly absent during Mr. Ford's term in office."

THE CANADIAN PRESS

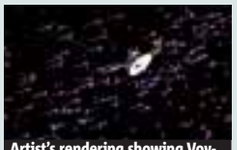
Space exploration

Voyager enters 'magnetic highway'

NASA's long-running Voyager 1 spacecraft has entered a new region at the edge of the solar system and is close to exiting it forever.

Scientists have dubbed this region the "magnetic highway" and it's the last stop before interstellar space, or the space between stars.

Voyager 1 and Voyager 2 launched 35 years ago on a tour of the outer planets. Afterward, both spacecraft continued to hurtle toward the fringes of the solar system. THE ASSOCIATED PRESS



Artist's rendering showing Voyager 1 at the edge of the solar system. NASA/THE ASSOCIATED PRESS

Buyer beware. B.C. auto insurer warns of imports of flood-damaged cars

The Insurance Corp. of B.C. is warning vehicle purchasers to beware a possible flood of vehicles from the United States that have been flood-damaged by Hurricane Sandy.

The public auto insurer issued the warning after the American Association of Motor Vehicle Transport Administrators said tens of thousands of vehicles on the U.S. east coast were submerged in salt- and bacteria-contaminated waters.

Transportation Minister Mary Polak points out that more than half a million vehicles were damaged during Hurricanes Katrina and Rita, and thousands of those vehicles were imported into Canada — even though they're not legal to drive on our roads.

Flood-damaged vehicles are classified in Canada as "non-repairable" and don't qualify for road use. THE CANADIAN PRESS

Cars piled on top of each other at the entrance to a garage on South William Street in Lower Manhattan as New York began to clean up after Hurricane Sandy. GETTY IMAGES FILE

NASA reveals new data collected by Mars rover

Signs of life? Curiosity's soil findings, combined with earlier evidence, make it more likely there was once water on the Red Planet

MICHELLE CASTILLO
Metro World News in London

Though Monday's NASA Mars Curiosity rover announcement wasn't about extraterrestrial life, scientists were excited to share that soil analysis from the Red Planet has revealed interesting results.

An analytical laboratory inside the rover's arm determined that soil samples from "Rocknest," inside the Gale Crater, contained high levels of water, salts, sulfur and chlorine-containing substances. This evidence shows that there is an even higher possibility that there was water once on the planet.

"We have no definitive detection of Martian organics at this point, but we will keep looking in the diverse environments of Gale Crater," said SAM principal investigator Paul Mahaffy of NASA's Goddard Space Flight Center in Greenbelt, Md.

What makes scientists so excited about this discovery is that water is known to be an essential ingredient for life, according to Dr. Nilton O. Renno, a professor of atmospheric, oceanic and space science at the University of Michigan. Renno was previously involved with the prior Mars rover mission, Phoenix.

"Everywhere we have water, we have bacteria," Renno said. "If you are going to look for life on another planet, the first thing you have to do is look for water."

Renno explained that the Martian soil contained high levels of volatiles, which turn into water vapour, chlorine and oxygen that are released from the soil when it is heated. The levels of salts found also suggested there was more water on the planet once than scientists initially suspected.

"The more we look at Mars, the more interesting it gets to be," he said.

The work site of the NASA rover Curiosity on Mars. Results are in from the first test of Martian soil by the rover: So far, there is no definitive evidence that the Red Planet has the chemical ingredients to support life. NASA/THE ASSOCIATED PRESS

Mars

Finding life not really Curiosity's job

Curiosity's main mission is to study whether the Red Planet is habitable, and most of the tools on the rover are there to help reach that goal. It's not really equipped to find extraterrestrial life, but rather to see if Mars could support life, Renno explained.

There's also a high possibility that any bacteria found by or on the machine could have come from our own planet. Renno said that it could take quite some time to analyze anything found to see if it is extraterrestrial, meaning we probably won't get the results while the rover is still on Mars.

"We really have to be sure that anything we found is not contamination from things we took from Earth," Renno said. "We want to be sure what we find is something from Mars." METRO

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Online sensation

Homeless man hides new boots

The N.Y.C. homeless man — whose gift of boots from an NYPD police officer became an online sensation — is back on the streets with no shoes. Jeffrey Hillman says he's hidden them because they're "worth a lot of money." TORSTAR NEWS SERVICE

Reality TV

Amazing Race comes to Canada

Producers of The Amazing Race Canada promise the show will stand shoulder-to-shoulder with its slick U.S. counterpart, even though competitors will never leave the country.

CTV executive Phil King says the network spent a lot of time debating whether or not to send competitors around the world. In the end, they decided to showcase the country's diversity.

"Canada (is) so diverse, and not only in terms of land mass and climates — whether you go from Vancouver to the North or in the Prairies (with their) varying climates all the time — but even the people have very distinct cultures." THE CANADIAN PRESS

Movember

Canada earns mo' money for cancer

For the second year in a row, Canadians participating in the Movember campaign for prostate-cancer research have raised more money than people in any other country.

The sixth annual event, which drew to a close last Friday, has so far raised more than $37 million for men's health initiatives.

In all, 247,066 Canadians took part in raising funds and awareness for Prostate Cancer Canada.

Movember is a month-long fundraising campaign where men start the month of November with a clean-shaven face, then grow their moustaches throughout the month. THE CANADIAN PRESS

Twitter

"Laureen and I congratulate the Duke and Duchess of Cambridge on their wonderful news #royalbaby"

@pmharper, via Twitter

Catherine, Duchess of Cambridge, takes part in a day of celebrations to mark St. Andrew's Day at St. Andrew's School on Friday in Pangbourne, England, days before palace officials announced she is pregnant. GETTY IMAGES

Pregnancy sends Kate to hospital

Expecting. Duchess of Cambridge hospitalized with severe form of morning sickness

The most widely anticipated pregnancy since Princess Diana's in 1981 is official: Prince William's wife, Kate, is pregnant.

St. James's Palace announced the pregnancy Monday, saying that the Duchess of Cambridge — formerly known as Kate Middleton — has a severe form of morning sickness and is currently in a London hospital. William is at his wife's side.

News of the pregnancy drew congratulations from across the world, with the hashtag "royalbaby" trending globally on Twitter.

The couple's first child will be third in line to take the throne — leapfrogging the gregarious Prince Harry and possibly setting up the first scenario in which a U.K. female heir could benefit from new gender rules about succession.

Palace officials would not say how far along the 30-year-old duchess is, only that she has not yet reached the 12-week mark.

The palace said the duchess was hospitalized with hyperemesis gravidarum, a potentially dangerous type of morning sickness where vomiting is so severe no food or liquid can be kept down. They said she was expected to remain hospitalized for several days and would require a period of rest afterward.

The condition is thought to affect about one in 200 pregnant women, but Gaither said less than one per cent of women with the condition need to be hospitalized.

The news came just days after the duchess, on a royal appearance, was playing field hockey with schoolchildren at her former school.

William is second in line to the throne after his father, Prince Charles, so the couple's first child would normally become a monarch — eventually.

The confirmation of Kate's pregnancy caps a jam-packed year of highs and lows for the young royals, who were married in a lavish ceremony at Westminster Abbey last year.

They have travelled the world extensively as part of the Queen's Diamond Jubilee celebrations and weathered the embarrassment of a nude photos scandal, after a tabloid published topless images of the duchess.

THE ASSOCIATED PRESS

Potentially dangerous

Uncommon illness

While morning sickness in pregnant women is common, the problem the Duchess of Cambridge has been hospitalized with is not.

"It's not unusual for pregnant women to get morning sickness, but when it gets to the point where you're dehydrated, losing weight or vomiting so much you begin to build up (toxic) products in your blood, that's a concern," said Dr. Kecia Gaither, director of maternal fetal medicine at Brookdale University and Medical Center in New York.

Hyperemesis gravidarum tends to be more common in young women, in non-smokers, in women who are pregnant for the first time and in those expecting multiple babies.

Doctors aren't sure what causes it, but suspect it could be linked to hormonal changes or nutritional problems. Gaither said the condition usually subsides by the second trimester.

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Starbucks accused of grande-sized tax dodge

Britain. Legislators want Parliament to clamp down on multinationals that exploit U.K. tax laws

British lawmakers on Monday accused major multinational companies including Starbucks, Google and Amazon of immoral tax avoidance, while Starbucks announced it is reviewing its British tax practices in a bid to restore public trust.

Parliament's public accounts committee said the government should "get a grip" and clamp down on multinationals that exploit tax laws to move profits generated in Britain to offshore domains.

"Global companies with huge operations in the U.K., generating significant amounts of income, are getting away with paying little or no corporation tax here," said Labour legislator Margaret Hodge, who chairs the all-party committee. "This is outrageous and an insult to British businesses and individuals who pay their fair share."

A man walks out of a Starbucks in west London on Monday. British lawmakers want to clamp down on multinational corporations, including Starbucks, that they say are guilty of exploiting tax laws. THE ASSOCIATED PRESS

As the British economy splutters amid Europe's economic crisis, and the government slashes spending in a bid to curb the deficit, public anger has grown against companies that pay little tax while making large profits.

Companies operating in Europe can base themselves in any of the 27 European Union nations, allowing them to take advantage of a particular country's low tax rates.

Google has picked Ireland and Bermuda as its main bases, while coffee chain Starbucks has its European base in The Netherlands and pays British tax only after transferring large sums in royalties to its Dutch headquarters.

Hodge said executives from the three companies had been "unconvincing and, in some cases, evasive" when they appeared before the committee last month to explain their tax regimes. And she accused Britain's tax agency of being "way too lenient" in dealing with multinationals.

Starbucks, whose outlets have been targeted by the protest group U.K. Uncut, said in a statement that it had "listened to feedback from our customers and employees, and understand that to maintain and further build public trust we need to do more." THE ASSOCIATED PRESS

By the numbers

$2.9M

The committee said online retailer Amazon paid $2.9 million in British tax in 2011, on turnover of about $331 million.

His Holiness will tweet

The Pope Benedict XVI Twitter web page is displayed at the Vatican press hall on Monday. He will join the tweeting masses on Dec. 12 using the handle @Pontifex, responding live to questions about faith during his weekly general audience. Questions can be submitted to #askpontifex, and the Pope will likely respond to three to five of them, said the Vatican's communications adviser, Greg Burke. GREGORIO BORGIA/THE ASSOCIATED PRESS

Nielsen research

TV viewers are increasingly social

Television viewers are becoming more active while watching now, judging by the findings in a new report that illustrates the explosive growth in the number of people who watch TV while connected to social media on smartphones and tablets. The Nielsen company said that one in three people using Twitter in June sent messages at some point about the content of television shows, up 27 per cent from five months earlier. THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.51¢ (-0.13¢)

TSX 12,169.74 (-69.62)

OIL $89.09 (+18¢)

GOLD $1,721.10 US (+$8.40)

Natural gas: $3.59 (+3¢)
Dow Jones: 12,965.60 (-59.98)

Media. Revamped News Corp. to stop publishing iPad app The Daily

News Corp. said Monday that its new publishing company will keep the News Corp. name, while its separate media and entertainment company will be renamed Fox Group. As part of the changes, News Corp. said it will cease publication of The Daily, its iPad news application, on Dec. 15.

The conglomerate announced plans this summer to split into two public companies, one for its newspaper- and book-publishing business and the other for its fast-growing movie and TV operations. Rupert Murdoch will serve as chairman of the new News Corp. and chairman and CEO of Fox Group.

The new News Corp. will house newspapers such as The Wall Street Journal, New York Post and Dow Jones Newswires. The Fox Group, meanwhile, will include Twentieth Century Fox film and television studios and the Fox TV channels among other properties.

"From its launch, The Daily was a bold experiment in digital publishing and an amazing vehicle for innovation," Murdoch said in a statement.

"Unfortunately, our experience was that we could not find a large enough audience quickly enough to convince us the business model was sustainable in the long-term."

Digital newspaper

- News Corp. had hoped The Daily would lure both paying subscribers and advertisers to a digital newspaper that included news, gossip and opinion.
- The publication's intended audience included people who don't read traditional newspapers or watch TV news while still consuming media through other means.

The Daily never caught on. It had just 100,000 subscribers as of July, when News Corp. said it was laying off about one-third of the publication's 170-person staff — a clear sign that the project wasn't going well.

When News Corp. launched The Daily in 2011, it said it spent about $30 million US to start it up, and estimated that operating costs would amount to about half a million dollars per week, or about $26 million US a year.

THE ASSOCIATED PRESS

Dubai. Clash about web regulations overshadows UN Internet conference

The UN's top telecommunications overseer sought Monday to quell worries about greater Internet controls emerging from global talks in Dubai, but any attempts at major web regulations will likely face stiff opposition from groups led by a high-powered U.S. delegation.

The 11-day conference, seeking to update codes last reviewed when the web was virtually unknown, highlights the fundamental shift from tightly managed telecommunications networks to the borderless sweep of the Internet.

Some at the Dubai conference, including a 123-member U.S. delegation with envoys from tech giants such as Google Inc. and Microsoft Corp., worry that any new UN oversight could be used by nations such as China and Russia to justify further tightening of web blocks and monitoring.

"Love the free and open Internet? Tell the world's governments to keep it that way," said a message on the main search page of Google.com with a link for comments directed to the Dubai conference, which opened Monday.

The agenda for the gathering of more than 1,900 participants from 193 nations covers possible new rules for a broad range of services such as the Internet, mobile roaming fees and satellite and fixed-line communications. Questions include how much sway the UN can exert over efforts such as battling cyber-crimes and expanding the Internet into developing nations. THE ASSOCIATED PRESS

Dubai, shown in this file photo, is the site of global talks that some fear could impose more controls on the Internet. THE ASSOCIATED PRESS FILE

HOLIDAY TREASURES

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REAL CHEMISTRY DOESN'T COME FROM A TOUCH SCREEN

SHE SAYS...
Jessica Napier
metronews.ca

My boyfriend has no patience for texting. When he wants to talk he won't hesitate to pick up the phone and call me. This more traditional approach puts him in the same category as my grandparents and my dentist and it drives me crazy. Frankly, I just don't have enough daytime minutes to carry out my relationship verbally.

For modern couples who have grown up in the age of cellphone dependency, there's no separating technology from the relationship. Texting — which is far less intrusive than an actual phone call and has the added benefit of being more affordable — has become our preferred method of communication.

Communication conundrum

An unanswered text can turn the sanest individual into a panicking ball of neurosis.

Last month, Virgin Mobile Canada released a new study on how smartphones are changing the dating habits of men and women across the country. According to the survey, 40 per cent of Canadians aged 18 to 34 believe that texting has made their love life better.

We're relying on our pocket technology more than ever to negotiate new relationship terrain and, in turn, creating a whole new set of issues for ourselves. We consult friends to help interpret cryptic texts, judge potential suitors on their grammar and agonize over our response time — a too-quick reply can take you from looking interested to looking desperate. Excessive emoticon use — especially that ambiguous tongue-out smiley face — can lead to serious confusion about the meaning of our words. And, worst of all, an unanswered text can turn the sanest individual into a panicking ball of neurosis.

There's no doubt that smartphones can make courtship infinitely more complicated, but they also allow us to be bolder with one another and more expressive than we might be face-to-face. Sexting is often thought of as the pastime of hormonal teenagers, but plenty of grown-ups exchange racy texts as a way to test the new relationship waters before actually diving in.

But if your new beau is sending virtual flower bouquets and emoji kisses before (or instead of) trying out the real thing, isn't that a bit disenchanting? And how do you know that he or she isn't just copying and pasting flirtatious iMessages between multiple women?

There's always going to be an element of casual detachment when it comes to mobile messaging. So while sending a few coy texts might be less intimidating than saying what you mean out loud, nothing can replace those in-person moments at the start of a new relationship.

Follow Jessica Napier on Twitter @MetroSheSays

The world saw the 20th anniversary of the text message Monday. The milestone reminds us of the correlation between the rise of SMS and digital delirium. FLICKR: JHAYMESISVIPHOTOGRAPHY

I Sphinx you can eat it

BEBETO MATTHEWS/THE ASSOCIATED PRESS PHOTOS

This is sweet news

N.Y.C. hosts delectable competition

The Sphinx, a gingerbread creation from North End Grill, is on display in the lobby area of Le Parker Meridien hotel in New York City.

The landmark-inspired creation is being exhibited with other over-the-top gingerbread houses from city restaurants in the fourth annual display to benefit City Harvest, a food-rescue organization for feeding the needy.

Visitors can buy one ticket for $1 or eight for $5 to vote on their favourite landmark. THE ASSOCIATED PRESS

Chichen Itza, a gingerbread creation from Butterfly Bakeshop, will be on display with the rest of the landmarks at Le Parker Meridien until Jan. 3.

Nom nom nom

This ain't your mother's gingerbread

Out of the kitchen and into the hotel lobby: Gingerbread houses have gone from being a homemade project done with mom to professional exhibits designed by pastry chefs and sometimes even architects.

The fundraiser is just one of many gingerbread showcases going on across the country. A few extravaganzas raise money for charity, while some include contests for home bakers.

Susan Matheson, co-author of the book The Gingerbread Architect: Recipes and Blueprints for Twelve Classic American Homes, says these types of professional gingerbread creations "are elaborately detailed, spellbinding constructions that must require an army of pastry chefs, historians, engineers and consulting experts. The results can elevate the craft to a high art form that transports the viewer into an ethereal miniature fairy world." But Matheson doesn't approve of glue guns or other non-edible components: "It's 100 per cent digestible or count me out." THE ASSOCIATED PRESS

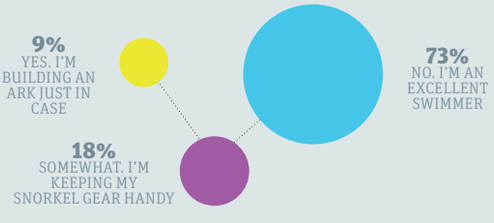
Online

See the whole gingerbread spread at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you fear rising sea levels?



Twitter

@TheOtherHilary: We should go back to the old days when you waited for your news, by George.

@iChris: Sometimes projects just make you go "ugh" for awhile until you get over the hump. Ugh.

@pclothespress: When I'm happy I look like my dad. When I'm grumpy I look like my mom.

@WaywardReporter: lifts power ring to the sky, calls to all superhero team members: Snow Avengers unite! We must save Saskatoon drivers from themselves! #yxe

@notjusdtbeth: Thought by 1 o'clock there would be some clearing done: road or sidewalk. Nope. #yxe #walking-bikebackhome #snowday

metro

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DVD review

The Dark Knight Rises

Director. Christopher Nolan

Stars. Christian Bale, Tom Hardy, Anne Hathaway

●●●●●

This Knight not only rises, it also cuts deep — not just as spectacular entertainment but also as harrowing drama. Fear is in the eyes of both hero and villain in this concluding chapter of Christopher Nolan's outstanding Batman origin trilogy. Human frailty and realistic threats of nuclear and economic destruction are woven into the densely layered saga co-written by Nolan with his brother Jonathan and David S. Goyer. It's eight years after the traumatic events of The Dark Knight (2008), and Batman is for all intents and purposes no more. He's been outlawed and ostracized in Gotham City. Wrongly blamed for the demise of Gotham's public defender Harvey Dent, a lie that even trusted ally Police Commissioner Gordon (Gary Oldman) is unhappily and politically obliged to maintain, Batman — or rather his alter-ego Bruce Wayne (Christian Bale) — hides inside stately Wayne Manor. But a new threat has emerged: a super terrorist by the name of Bane (Tom Hardy). Bane plans to weaponize a nuclear fusion device that Wayne Enterprises developed for peace. Anne Hathaway intrigues and wows as cat burglar Selina Kyle, a.k.a. Catwoman. Marion Cotillard makes less noise as Gotham tycoon Miranda Tate, but she fits very well into the film's intricate puzzle. So too does Joseph Gordon-Levitt.

PETER HOWELL

In Silver Linings Playbook, Robert DeNiro plays Pat Solitano Sr., the patriarch of a family of diehard Philadelphia Eagles fans. HANDOUT

What about the story from the sidelines?

Silver Linings Playbook. Football tales seem to focus on the gridiron action — this film looks at the lives of the fans

In David O. Russell's Silver Linings Playbook, Bradley Cooper plays an unstable former teacher trying to improve himself after exiting a mental institution. When his character, Pat Solitano, consults his otherwise level-headed psychiatrist Dr. Cliff Patel (Anupam Kher) on whether a Philadelphia Eagles' jersey is appropriate attire for a dinner party, Patel questions which jersey. On hearing that it's star wide-receiver DeSean Jackson, he responds unequivocally:

"DeSean Jackson is the man."

This is Philadelphia, where undying loyalty to the local NFL team — "the Birds" — is everywhere, even in the sensitive relations between therapist and patient.

As large a role as football plays in American life, Hollywood has typically focused its cameras on the field of play, where the dramatics of gridiron battle are self-evident. But Silver Linings Playbook, which was recently nominated for five Spirit Awards and is widely expected to be a best picture Oscar contender, is more interested in the face-painters in the stands.

The annals of pigskin pictures have ranged from the hijinks of Groucho Marx (Horse Feathers) to the inspiration of a newcomer to the sport (The Blind Side). Football in movies has been a regular source of hard-knock action (Any Given Sunday), manly tragedy (Brian's Song, Remember the Titans) and underdog triumph (Rudy).

But along with Silver Linings Playbook, a handful of films have sought to capture the fanatical passion — both the communal spirit and the toxic obsession — that grips millions of households and acres of parking-lot asphalt every Sunday this time of year.

In Vincent Gallo's Buffalo '66 (1998), Gallo drew from his own childhood in the upstate New York City, playing a man named after the hometown team (Billy), with lifeless parents glued to the TV screen for Buffalo Bills games. A lost bet on a crucial game cost Billy $10,000 and put him in jail. On his exit, he's bent on avenging the guilty place kicker, a fictionalized version of a real-life Bills scapegoat, kicker Scott Norwood.

Big Fan (2009), written and directed by Robert D. Siegel (who also wrote The Wrestler), depicted a die-hard New York Giants fan (Patton Oswalt) whose devotion is tested when he's brutally assaulted by his favourite player.

The 2004 film Friday Night Lights, and the subsequent TV series, sought to portray a football-mad Texas town, where the sport reverberated in nearly all that was good — and all that was bad — in Dillon, Texas.

These movies all share in the spirit of Frederick Exley's classic 1968 fictional memoir: A Fan's Notes. The Giants-loving author wrote: "Cheering is a paltry description. The Giants were my delight, my folly, my anodyne, my intellectual stimulation. ... I gave myself up to the Giants utterly. The recompense I gained was the feeling of being alive."

It was that kind of intensity that interested Russell, whose last film, The Fighter, captured the boxing community of Lowell, Mass.

"What makes characters fascinating in a funny and an emotional way to me is when they have life and death stakes about their particular currency," the director says.

THE ASSOCIATED PRESS

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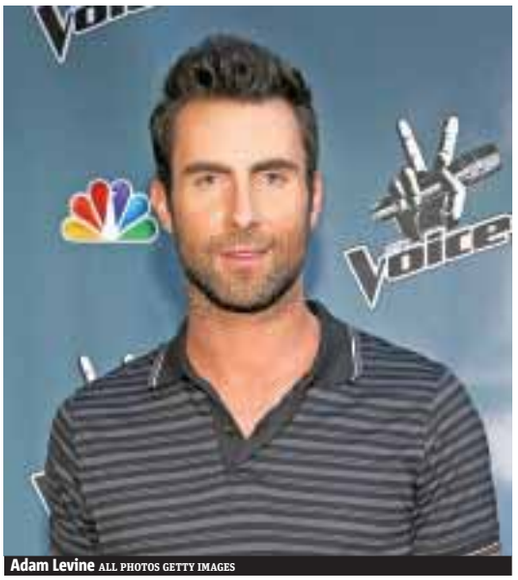


Adam Levine ALL PHOTOS GETTY IMAGES

Levine boos Honey: F-bombs fly the way of famous family

Adam Levine may have found a new avenue for success as a reality TV judge on The Voice, but that doesn't mean he's a fan of other kinds of reality television. Quite the opposite, actually. "Seriously, Honey Boo Boo is the decay of Western civilization. Just because so many people watch the show doesn't mean it's good," Levine tells GQ magazine. "It's complete f—ing ignorance and the most despicable way to treat your kids. F— those people. You can put that in the magazine. F— those idiots. They're just the worst."

Not impressed

"It's complete f—ing ignorance and the most despicable way to treat your kids."

Adam Levine on TV show Honey Boo Boo

Olivier Martinez

Feuding stars make proclamations of peace

This might not be the biggest shocker considering the recently signed custody agreement between Halle Berry and Gabriel Aubry, but Olivier Martinez has reportedly dropped his criminal complaint against Aubry for their bloody Thanksgiving brawl, according to Radar Online. "Olivier informed the LAPD and the Los Angeles City Attorney's Office that he was no longer interested in pursuing criminal charges against Aubry," a source says. "Aubry and Berry worked out a confidential settlement last week that included specific language about how none of the parties — Halle, Gabe or Olivier — would pursue criminal charges against one another. All sides managed to agree to satisfactory terms with the focus being on ending the mayhem for the sake of Halle and Gabriel's daughter, Nahla."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nothing stops Heidi from getting her Halloween on

THE WORD
Dorothy Robinson
scene@metronews.ca

A divorce and a hurricane wasn't going to keep Heidi Klum from dressing up in 2012. When her annual New York City Halloween party (which she used to host with soon to be ex-husband Seal) was cancelled this year because of Hurricane Sandy, the model decided to transform her party into a Haunted Holiday Party — and have Saturday's party benefit relief efforts. "Putting the outfit on only took five minutes, but gluing all these hundreds of stones on my face took a little longer," she said about her jewel-encrusted face and Cleopatra costume, which she wore among such celebrities as Jay Manuel, Questlove, Russell Simmons and Sandra "Pepa" Denton of Salt & Pepa. Despite the intricate costume, she swore to a group of reporters, including Metro, that she was comfortable. "I'm on flat feet," she pointed to her boots. "I'm not on heels, so that's awesome."

Even though she's still reeling over her rather ugly split with Seal, with whom she has four children, she's not letting it ruin her Christmas plans. "This year we're just going to stay home," she says about how she plans on spending the holidays with her kids. "I'm excited to just sit in front of the fireplace and drink hot cocoa and watch them play with their new toys, just to be in the house and enjoy not doing much."

Taylor Swift

Taylor Swift to be at the side of her new beau

Taylor Swift is apparently eager to spend whatever time she can with rumoured boyfriend Harry Styles. The country crooner jetted to New York less than 24 hours after a big holiday concert to spend the afternoon with the One Direction member, according to Us Weekly.

The pair, joined by Styles' stylist and her family, strolled around the Central Park Zoo, sticking close and looking cosy.

Johnny Depp

Rock this way: Johnny sings a single man's tune

Johnny Depp knows how to have a good time, and sometimes that means strapping on a guitar and joining Alice Cooper on stage. The Pirates of the Caribbean star did just that recently at a Cooper concert in Los Angeles, playing along on cover songs including Break on Through (to the Other Side), Revolution and Foxy Lady, according to People magazine. "Johnny was in great spirits," a source says. "He was really happy and at ease, especially on stage with the rest of the band." Recently single, Depp was apparently going solo that night, as the source says he wasn't "with any ladies."

Twitter

@kirstiealley
Just came home with a swell Xmas Tree.. The smell of fir is intoxicating..feelin pretty Christmassy!!

@ElizabethHurley
Searching in vain for the Christmas decoration..... WHY aren't they in the attic where they should be?!

@MissKellyO
Best bath ever!

@SteveMartinToGo
Christmas gift suggestions: A Wheat Thin is a welcome gift any holiday season.

The Victoria Secret show is airing on Global tonight at 10 p.m. ET/PT. GETTY IMAGES

How Adriana got the body of an angel back

Victoria Secret show. Adriana Lima shares how she got back into show shape after having a child

ROMINA MCGUINNESS
Metro World News

Last month, Brazilian beauty Adriana Lima opened the Victoria's Secret Fashion Show, which airs on Global tonight at 10 p.m ET/PT, eight weeks after giving birth to her second child.

She opens up to Metro about the "nightmare" gym sessions, sparring herself into shape and how she celebrated getting into the skimpy lingerie with a cupcake — but just one.

It seems like hell getting ready for the show. How do you girls cope with the pressure?
One thing I need to get straight — I've never felt pressure from either Victoria's Secret or my agency. No one pressured me to get ready for the show this fast. It's a decision I made on my own. It was one of the most difficult things I've ever done because you're dealing with nature.

You do what you need to do to get ready, but after having a baby you really don't know how your body is going to react.

Sounds stressful. How did you react on the big day? Did you down shots of vodka backstage?
I get nervous before every single show. I thought that feeling would go away but it never did. Plus this year I was opening the show, which is a big responsibility as everybody kind of follows your mood. But every girl has a different way of expressing her nervousness. I don't like talking so I just listen to music — anything by Eminem, Rihanna, Kings of Leon, Rock and Roll by Led Zeppelin and Heartbeats by The Knife.

Did getting ready for the show give you nightmares? Did you dream you were being attacked by giant candy bars?
No. It was more during the day, when I had to go to the gym — that was my nightmare. Don't get me wrong, I really love exercise, but it's not easy.

The actual workout — it's tough you know. You need a lot of determination in order to do it every single day. Every minute of every workout counts and this year, I wasn't sure if I was going to make it or not.

Models Cara Delevingne and Jourdan Dunn (both in the Victoria's Secret show with Adriana) reportedly ate pizza and KFC hours before the show. Would you want to scream if they ate in front of you, or join them?
Ha! I'm a little bit older than them. But regardless of age, I'm really aware of the fact that you are what you eat.

Are you saying they're going to turn into a giant pizza or a chicken wing?
Maybe not right now, but they're going to see the results in the future, when they get old. It depends what they eat, but they may have problems with cholesterol or diabetes, I don't know. I just like to eat healthy. I have two children and I'm concerned about their health. I'm their example. I don't want my three year old asking me, "Mama, I want chocolate for lunch."

Cake is festive, it's not something you should eat everyday.

What's the first thing you did when the show ended? Run backstage, take off that lingerie and demolish a cheeseburger?
No. But I did have a cupcake. Once in a while, I do eat these things, you know. I just don't do it every day. Even now that the show is over, I'm still working out and eating healthy. It's my job.

There are a lot of rumours out there that Victoria's Secret models literally starve yourselves in order to get ready for the show. You also shared sweaty pictures of yourself on Twitter to show how hard you were working out. How did you really go about it?
I'd just had a baby, so I had to do everything in a healthy way in order to best take care of myself and my body. I never do things on my own — I have a nutritionist and a personal trainer. I don't want to have any problems. I know people see us on the runway and working out — but I don't want them to think that we don't eat. I don't starve myself. I don't do that. I love food, but I do watch what I eat.

So what kinds of workouts did you focus on? What foods did you eat?
I was boxing — sparring, doing a little bit of rope and lots of abdominal and core work. I sometimes went running in the morning, but that's pretty much it.

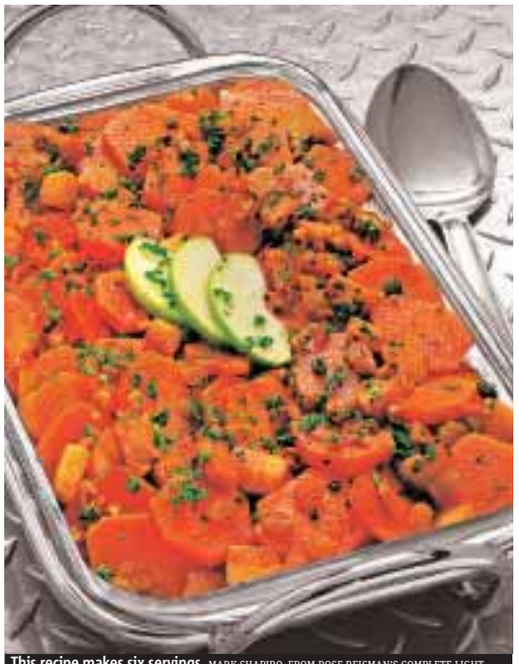
As for my diet, I was eating three ounces of protein, three times a day with plenty of steamed green vegetables and drinking lots of water.

Last thoughts

A couple more questions on getting that body back

- **What's more painful: Getting ready for the show or giving birth?** "I enjoyed every second of both. When you make your own choices and you're not forced to do things, nothing is painful. Being a mother is amazing and there are no words to describe that, but also, the Victoria's Secret Show ... I mean every girl in the world would love to be an Angel."
- **At the end of the day ... is all the pain of the workouts and the dieting worth it?** "Of course. I do things that I love and I do them from my heart, you understand?"

The comfort of carrots and sweet potatoes in a casserole



This recipe makes six servings. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

If you can find fresh sweet pineapple, use it instead of the canned stuff. You're getting a double blast of beta carotene from the sweet potatoes and carrots.

1. Preheat the oven to 350 F. Spray a 9 by 13-inch baking dish with cooking oil.

2. Place the sweet potatoes and carrots in a saucepan and cover with cold water. Bring to a boil. Cook for 7 minutes at a boil, or until tender. Drain.

3. Toss the sweet potatoes and carrots with the pineapple and cranberries. Place in the prepared baking dish.

4. Combine the brown sugar, juice concentrate, oil, molasses and cinnamon in a small saucepan. Cook over medium heat, stirring frequently, for 1 minute or until melted and smooth.

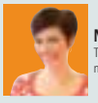
Ingredients

- 1 lb sweet potatoes, peeled and cut in 1/2-inch rounds
- 1 lb carrots, thinly sliced into rounds
- 11/4 cups fresh or drained canned pineapple chunks or diced apples
- 1/2 cup dried cranberries
- 1/3 cup packed brown sugar
- 3 tbsp orange juice concentrate
- 1 tbsp vegetable oil
- 2 tbsp molasses
- 1 1/2 tsp ground cinnamon
- 3 tbsp chopped toasted pecans
- 1/4 cup chopped fresh parsley
- 6 thin slices apple

5. Pour the sauce over vegetables. Cover and bake for 15 minutes, or until heated through. Remove from the oven and toss the vegetables. Sprinkle the pecans overtop. Garnish with the parsley and sliced apple. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

To sweet or not to sweet



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Oh yes, sweet potatoes are good for you, and in some cases, even better for you than white ones.

But don't be so sure you want to go all gung-ho on the switch. Mashed sweet potatoes can be just as rough on your calorie count as whites; it all depends upon how they are prepared.

Fries: Weight Watchers has both sweet potato and regular fries at around 500 calories per serving and 13 or 14 points.

Mashes: One cup of mashed sweet potatoes is 258 calories while 1 cup of mashed white with butter and milk is 237 calories.

Any way you slice it, the method of preparation matters far more than which potato you choose. No doubt sweet potatoes have more vitamin A and fibre in the pulp (eat the skins of white potatoes and they come closer!). In the end, choosing only a teeny tiny portion or baked "fries" instead of deep fried finger food is a better bet. Limiting the butter, milk or sugar (or marshmallows... for Pete's sake!) that is used in the mash is wisest.

Baked: Sweet potatoes are your best bet. Keep butter to a teaspoon and enjoy one cup (about half a potato) guilt free! Any leftover baked sweet potatoes can be turned into yummy muffins in a snap. You can check out a great Sweet Potato Muffin recipe at: myfriendinfood.com/2011/05/02/sweet-potato-muffins/

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Farfalle with Sausage & Saffron. Italian sausage teams up with eggplant

1. In a sauté pan, heat olive oil and sauté eggplant with garlic for 3 to 5 minutes. Add sausage meat and sauté for a few minutes.

2. Add cream, saffron and sage. Cook mixture for 3 to 5 minutes until it thickens.

3. Meanwhile, bring pot of water to a boil and cook pasta according to package directions. Drain, add to sauce and season with salt and pepper. Mix well in sauté pan.

4. Add Parmesan cheese and serve. THE CANADIAN PRESS/ BARILLA PASTA

Ingredients

- 45 ml (3 tbsp) extra-virgin olive oil
- 1 medium eggplant, diced
- 1 garlic clove, minced
- 250 g (8 oz) mild Italian sausage (casings removed)
- 150 ml (2/3 cup) 35 per cent cream
- Pinch saffron threads
- 30 ml (2 tbsp) finely chopped sage
- 1 pkg (454 g) farfalle
- Salt and pepper, to taste
- Grated Parmigiano-Reggiano, to taste

Warm up with Beef Potpie

Chicken Potpie is a fine, comforting dinner for most of the winter. But for extra cold days, you want comfort with a little more. This recipe uses the model of a basic puff pastry-topped Chicken Potpie, but substitutes tender sirloin tips for the poultry. Add a creamy beef gravy and you end up with savoury potpies.

1. Heat the oven to 400 F.

2. Place the potatoes in a medium saucepan. Add enough water to cover by 1 inch. Bring to a boil, then cook until tender, about 15 to 20 minutes. Drain and set aside.

3. Meanwhile, in a large deep skillet over medium-high heat, melt the butter. Add the onion, shallots and garlic and sauté until tender, about 5 minutes. Add the carrots and celery and cook until beginning to brown and caramelize at the edges, about 10 more minutes. Stir in the tomato paste, Worcestershire sauce and thyme. Cook for another 2 minutes. Transfer to a plate and set aside.

4. Season the sirloin with salt and pepper. Return the skillet to the stovetop over high heat. Add the oil. Working in batches to avoid crowding the pan, sear the meat on all sides until well browned, about 3 minutes.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

The meat does not need to be cooked through. Once seared, remove the meat from the pan.

5. Lower the heat to medium and stir in the red wine. Scrape up any browned bits from the pan. In a small bowl, whisk together the beef stock and flour. Add to the pan, whisking until thick, about 3 minutes. Stir in the cream. Return the beef, vegetables and potatoes to the pan and stir to combine and coat everything with the sauce. Season with salt and pepper. Transfer to a medium casserole dish or baking pan.

6. Unfold the puff pastry sheet and set it over the pan. Use a paring knife to cut slits to vent. Bake for 20 to 25 minutes, or until the puff pastry is golden brown and the inside is bubbling. THE ASSOCIATED PRESS

Ingredients

- 1 1/4 lbs yellow potatoes, cut into 1-inch chunks
- 2 tbsp butter
- 1 medium onion, sliced
- 2 medium shallots, sliced
- 1 clove garlic, minced
- 2 large carrots, diced
- 2 stalks celery, diced
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 2 tbsp minced fresh thyme
- 1 1/4 pounds sirloin tips, cut into 1-inch pieces
- Ground black pepper
- Kosher salt
- 1 tbsp vegetable or canola oil
- 1/4 cup red wine
- 3/4 cup unsalted or low-sodium beef stock
- 2 tbsp all-purpose flour
- 1/2 cup heavy cream
- 1 sheet puff pastry, thawed according to directions

Make a list, check it twice: Money comprehension skills

Alison On Money. The gift list — it will help guide you during the hectic shopping season

YOUR MONEY
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Last week I saw a weary Dad slumped in a mall chair, coffee gripped in one fist. He smiled weakly when I sat down nearby. "I thought starting Christmas shopping early might make it easier," he said. "Wrong!"

He planned to accompany his three children into the stores. But two hours later, with few presents purchased, he was done. The problem was preparation.

All three kids lacked an essential item — the almighty list. It seems like such a simple thing, but is a fundamental part of financial planning. After all, how can you create priorities if you don't have a list to guide you?

Those who learn to make and follow them when they're young will find that the structure provides benefits into adulthood.

There's a body of research pointing to the importance of earmarking for saving. Targeting certain sums for a specific saving purpose increases the success rate.

List making is the kissing cousin of earmarking. For example, writing down or typing: Jared–Skylanders Giants Chop Chop $14.95, decreases the likelihood that a child will get distracted and overspend.

Even teens can get into list making. Apps such as Santa's Little Helper (Apple), Gifters (Apple) and Christmas Gift List Planner (Android) will keep them on track.

The younger ones love it if you add a few fun touches. Kids who aren't writing can cut and paste pictures of what they want to buy or make. Then a family member can help them with price.

Increase your savings success rate by making a list. ISTOCK IMAGES

Don't worry if their money comprehension skills aren't quite there yet. Just knowing that an item costs a certain amount and is affordable or not is a big step.

A five-year-old child of a neighbour listed what she wanted to buy her Dad — toenail clippers and a new car. Mom said, okay, you can afford the clippers but not the car. The daughter decided to buy a toy car and promise a real one when she grows up.

Making gift lists puts kids in charge and gives them responsibility. They won't always be successful in sticking to either the list or their budget (who is?) but the process teaches lessons for a lifetime.

Oh yes, the list also takes the pressure off mom and dad. That alone is reason enough.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Activities for $10 or less

FUN AND FRUGAL
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The holiday season is in full swing and everywhere you turn the sound of cash registers, credit and debit machines chime a tune of heavy spending on gifts and other festive activities.

This year, most Canadians are expected to spend nearly $650 throughout the holidays (based on the Ipsos poll conducted in November of 2011).

What if you could spend a lot less, have more fun and avoid a hefty credit card balance when January rolls around? Free outdoor activities await you and your family this holiday season.

Rather than heading to the ski hill, grab your skates or borrow snowshoes from a neighbour and enjoy the outdoors. If you bundle up, you could head out to a winter hiking trail with your friends or enjoy an outdoor campfire.

One evening, fill your travel mug with hot cocoa and tour outdoor light displays throughout your neighbourhood.

Find out what's happening in your community. Low to no cost choir performances and plays are put on at local community centres, malls and churches. Attending these events is a great way to support the arts and your friends who may be actively involved.

Rather than heading out to the theatre, download Netflix and watch unlimited movies at home for $8 per month. Or, pay nothing and borrow films from the library.

Keep watch for coupons for the local zoo, craft fair, recreational facilities and heritage sites. Visiting tourist locations in your community in the off-season can save you a bundle and it's a great way to discover hidden gems right in your backyard.

Host a party where everyone brings their favourite appetizer and drink. Add the challenge that each person has to do this for $10 or less. I guarantee the results will be creative, surprising and interesting. Volunteer with a group of friends to pack food hampers, help out at the community centre or fix up your local playground.

This is a great way to spend time and it's a healthy reminder of how important it is to give back.

A fantastic holiday season awaits you. Save your money and enjoy it.

Dog may be man's best friend but will Rover get on with your kid?

Safe introduction. Allow your pet time and space to become accustomed to your child and advise your little one on how to handle the dog

MARY SHELL
Metro World News in New York

Whether you are bringing your new baby home to meet your dog for the first time, or thinking about adopting that dog your kids have been asking for, there are some basic ways to safely introduce kids and canines. We spoke with Jennifer Shryock, a certified dog behaviour consultant and founder of Family Paws Parent Education, about how to make a smooth transition.

Never force interaction between a dog and a child.
Pay attention to your dog's body language to determine if the dog is engaging with the situation or tolerating it. Shryock recommends allowing your child to pet the dog a couple times and then stop. Wait to see if the dog is interested in continuing the interaction.

Have reasonable expectations for your dog.
Parents often think a dog should put up with a baby crawling near the animal at eye level and reaching and grabbing. "You can't let (a) toddler freely explore the dog," Shryock says. A new dog will have a tolerance limit for your kids, and it's important to recognize that limit and provide the dog with a quiet area to retreat to when the interaction might become too much.

Do your child and dog get along? HANDOUT

Instruct your kids not to crowd the dog or carry it around.
Instead, create safe, supervised activities for your toddler and your dog. This might be dropping a treat in the dog's crate or filling up the food and water bowls together. No matter what you do, Shryock always recommends total supervision.

Rule of thumb (or dewclaw): If it doesn't feel right or it looks too good to be true, it probably is.
Any behavioural issue is going to take time; there are no quick fixes. And if a child shouldn't be doing something to correct an animal's behaviour, a parent shouldn't be doing it. For this reason, physical force with your dog in front of your kids is not recommended. Positive reinforcement is key.

If you're expecting
Get to know your dog better during your pregnancy and use that time to reinforce basic training. Study your dog's body language and learn to identify triggers that stress or upset your dog, so you know how to protect your pet from these situations.

Build the relationship
The best way to cultivate a good relationship with your dog and your new baby is to make sure your dog observes and participates in positive, daily routines with you and your baby. Never force your dog to check out the baby. Instead, invite him or her to sit next to you while you hold the new addition.

Canada's world junior head coach Steve Spott, centre, poses for photos with players Mathew Dumba, left, and Hunter Shinkaruk on Monday in Calgary after announcing the 37-player roster for next week's selection camp. JEFF MCINTOSH/THE CANADIAN PRESS

Junior selection roster has pro feel

World juniors. Lockout provides NHL-level talent, but creates uncertainty ahead of holiday tournament

As long as the NHL lockout lasts, the Canadian junior men's hockey team will be older and stronger than in previous years.

Edmonton Oilers centre Ryan Nugent-Hopkins and other 19-year-olds who would have likely otherwise been lost to the NHL are among the 37 players invited to selection camp Dec. 10-15 in Calgary.

There was an undercurrent of uncertainty in Monday's announcement in Calgary because of the impact a sudden end to the lockout could have on the team.

But with no end to the work stoppage in sight, Canada can anticipate having one of its strongest teams at the 2013 world junior championship starting Dec. 26 in Ufa, Russia.

Head coach Steve Spott, whose day job is coaching the OHL's Kitchener Rangers, sounds like a man who has to be prepared for anything.

"Until Dec. 26, with the uncertainty of this work stoppage, I'm trying to keep all my steno pads in order because I've got about 30 different rosters right now that I'm looking at," he said. "Until I see those players on the 26th against Germany, there's a lot of balls in the air. Ultimately it will be great to get on the ice with them next Monday."

Twenty-three players will be chosen Dec. 13 to play for Canada in Ufa. The 2005 gold was the first of five straight for Canada, but it's been two silver and a bronze over the last three years.

The world junior tournament was held on the smaller North American ice surface the last four years, but now returns to the larger European style of arena. So a premium was placed on skating ability when issuing invitations to camp, according to Hockey Canada head scout Kevin Prendergast.

"If they're not an excellent skater, they bring an intangible we think can help us," he said.

THE CANADIAN PRESS

By the numbers

2

Regina right-winger J.C. Lipon and Weyburn blue-liner Derrick Pouliot were the lone Saskatchewanians to crack Canada's selection roster.

Far from middle of the road

Where the Canadian team will benefit the most from the lockout is at centre.

- Joining Ryan Nugent-Hopkins through the middle are second-year players Jonathan Huberdeau, Mark Scheifele and Ryan Strome. All are top-10 NHL draft picks.

CFL

Dressler representing Green and White on all-star team

Weston Dressler was named to the CFL all-star team on Monday. This season Dressler made 94 catches for 1,206 yards with 13 touchdowns. He has accumulated over 1,000 receiving yards four times throughout his five seasons with the Saskatchewan Roughriders, but this marks the first time Dressler has been named an all-star.

METRO

NFL

Chiefs return to practice after tragic weekend

The Kansas City Chiefs returned to work Monday at their practice facility near Arrowhead Stadium, trying to find a sense of normalcy.

It was difficult to do.

The locker that once belonged to Jovan Belcher, the linebacker who allegedly killed his girlfriend and then turned the gun on himself Saturday, still had all his belongings hanging in it.

Coach Romeo Crennel said that "time heals all wounds," and the Chiefs are hopeful the healing has begun.

Kansas City police Sgt. Marisa Barnes said Monday that authorities hope to deliver an investigative report to prosecutors on Tuesday.

THE ASSOCIATED PRESS

Jovan Belcher GETTY IMAGES FILE

Crosby lending voice to CBA negotiations

Sidney Crosby skates at an informal workout on Monday in Scottsdale, Ariz. CHRISTIAN PETERSEN/GETTY IMAGES

Sidney Crosby is ready for another kick at the can.

With the NHL and NHL Players' Association scheduled to hold a unique collective bargaining session on Tuesday afternoon, the league's most recognizable player travelled to New York to make himself available for the exclusive meeting.

Crosby has been involved throughout the negotiations and could play an important role with the leaders of both sides scheduled to sit out on Tuesday. The Penguins captain has emerged as a voice of reason during the lockout and would find himself sitting across from Pittsburgh owner Ron Burkle, among others, if the NHLPA decides to send him into the bargaining room.

It promises to be a unique setting, particularly with commissioner Gary Bettman and NHLPA executive director Donald Fehr on the sidelines. There was hope Monday that a new dynamic might produce some different results in negotiations.

"Ultimately, we are just trying to find some meeting format that can gain some traction," deputy commissioner Bill Daly said. THE CANADIAN PRESS

Lockout at a glance

- **Day:** 80
- **Last negotiations:** Thursday, Nov. 29, with federal mediators in New Jersey.
- **Games lost:** 423 (through Dec. 14, plus the Winter Classic and all-star game).
- **What we missed Monday:** A light two-game schedule, including a matchup in Toronto against Buffalo.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't expect too much in the way of cooperation from other people. Partners and colleagues will be too busy resolving their own issues to pay much attention to what you are up to, which could work in your favour.

♉ Taurus
April 21 - May 21
You don't have to do something just because someone in a position of authority tells you to do it. Ultimately, you are your own boss and must do only what your conscience can live with. Make sure they know that.

♊ Gemini
May 22 - June 21
You can be impulsive and if you act on the spur of the moment today, there is a risk you will leave yourself open to accusations that you are putting others at risk. Maybe they're right.

♋ Cancer
June 22 - July 23
You may find that your options for action are limited over the next 24 hours but it's no big deal. Stay calm and don't get flustered or frustrated. There's still plenty of time to make your mark on the world.

♌ Leo
July 24 - Aug. 23
Others can sit around worrying about the end of the world but you don't have time for that kind of self-indulgence. Make your plans and then make your move. Others may fear the future but you intend to own it.

♍ Virgo
Aug. 24 - Sept. 23
You need to be a bit more assertive today, especially if you want to show those you work with that you can handle responsibility. Above all you must look calm on the outside, even if you are scared on the inside.

♎ Libra
Sept. 24 - Oct. 23
"Lazy Libra" is a tag that has little if any truth in it and you will prove it today. Your willingness to put in twice as much effort as your colleagues will not go unnoticed nor, in the long-term, unrewarded.

♏ Scorpio
Oct. 2 04 - Nov. 22
If you allow your anxieties to hold you back today, you will regret it later in the week when you realize how much more you could have done if you had just stuck with it. The only thing to fear is fear itself.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to cut corners today but it's not a good idea. Almost certainly, what you planned will go wrong and you will end up going the long way round for what should have been a simple journey.

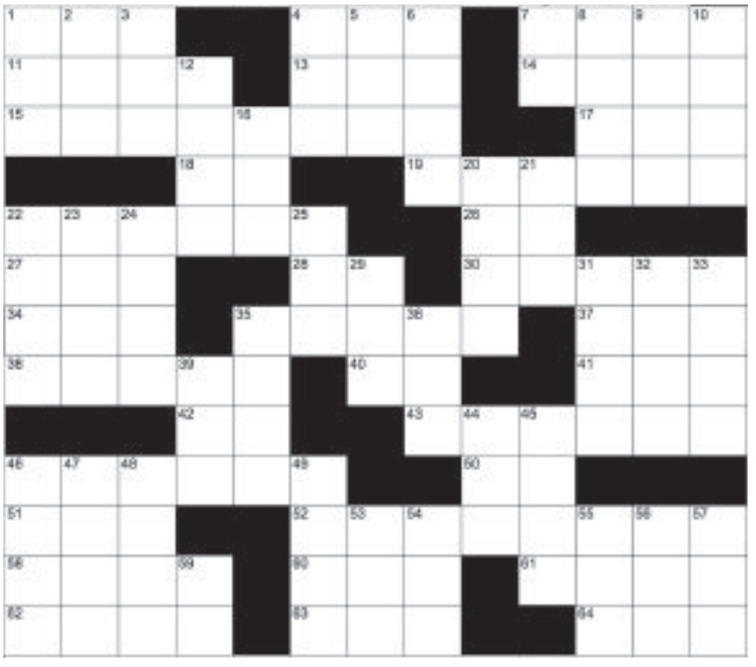
♑ Capricorn
Dec. 22 - Jan. 20
It looks very much like you are on a collision course with someone who has been going out of their way to give you a hard time, and it could get messy. Don't say something that could cost you your job though.

♒ Aquarius
Jan. 21 - Feb. 19
If you find that you are out of your depth in some way today, you must ask for help. It's not a sign of weakness, it's a sign of intelligence. Everyone has their limits but only the wise seem to know it.

♓ Pisces
Feb. 20 - March 20
Timing is everything and according to the planets it's the right time to get involved in a project that involves people from all walks of life, and maybe from all over the world. Join with those who share your dream. SALLY BROMPTON

Crossword

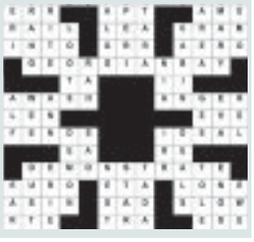
BY BETTY MARTIN



Across
1. Star of Home Improvement
4. Hood
7. Pillow covering
11. Flubs
13. Actress Hagen
14. Nook
15. Complied
17. — Tin Tin
18. Opposite of SW
19. Alter
22. Corporate climber
26. Actor Norton
27. "Exodus" hero
28. Ready – Not
30. Not even once
34. PVR predecessor
35. Leap
37. It's - - -win situation (2 words)
38. Ridge
40. Who Wants to – a Millionaire?
41. Take a rest
42. Chau – Chi of Falcon Crest
43. Isn't colourfast
46. Funnel-shaped wildflower
50. Star of CHiPs (init.)
51. Road surface
52. Relationship woes
58. The Bold —
60. Summer in Paris
61. Censor's target
62. Turf
63. Casual top
64. Whichever

Down
1. After-dinner drink
2. Tax agency (abbr.)
3. Post-wedding title
4. Scrape
5. Chowed down
6. One of baby's first words
7. Charleston state
8. Bugle
9. Gung-ho
10. Department store section
12. E-mail request
16. Indicates maiden name
20. Patch
21. Dutch city
22. Wash
23. Curves
24. Scottish dagger
25. A.A. Milne character
29. Pat dry
31. Flower holder
32. Children's author Blyton
33. Becomes inedible
35. French cheese
36. Beak
39. Extension
44. Actress Michele — of Glee
45. Cartoon shrieks
46. At the summit
47. "Titanic" actor Billy —
48. Land measure
49. Aid in a crime
53. Abbreviation found in an atlas
54. Shoebox letters
55. John's "Pulp Fiction" co-star
56. Groan inducer
57. Pig's abode
59. — Elsewhere

Yesterday's Crossword



What's online

See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6		9				8		1
	4	2	8		5	9	3	
3								7
			2		4			
	9			1			4	
			7		3			
7								2
	2	5	1		8	6	7	
4		3				5		8

Sharability

easy — hard

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